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Parks & Recreation
Department

Home Delivered Meals Bring Holiday Nutrition

Every day of the year, including holidays, volunteers from Home Delivered Meals of Fountains Hills bring well-balanced, nutritious meals to residents unable to prepare their own food because of illness, physical or mental disability, or age-related infirmity.

Although most people take for granted the abilities to prepare their own food or to eat out at a local restaurant, others are not so lucky. The seemingly easy task of cooking a simple meal may be a struggle for those recuperating from a hospital stay. Some people can no longer shop or cook. Some are unable to drive or do not have anyone to help them with driving, shopping, and preparing meals. Others live with adult children that need to be away from home for a while.

"Our mission is to be sure that every homebound resident in town receives a hot meal—regardless of age, ability to pay or length of incapacitation" said John O' Flynn, president of the board of trustees for Senior Services, the non-profit-agency that operates Home Delivered meals. "A call to Donna at 816-0187, will start the process."

Clients may select the days that they wish to have meals brought to them. "Not everyone needs daily food delivery," O'Flynn said. "Sometimes neighbors and family are able to help once or twice a week."

Each meal costs \$4 with subsidization available on an individual basis. Approximately 70 percent of recipients pay in full. More than 1,060 meals were subsidized in the year 2000.

"The ability to pay is not a factor in home meal delivery." O'Flynn said. "We are able to help underwrite costs because of the volunteer staffing and donations from individuals, businesses and organizations. We do not receive government funds."

Because many people like to eat their main meals at mid-day, volunteers bring food between 11:00 a.m. and 1:00 p.m. Meals are prepared by the chefs at Fountain View Village and consist of a hot entrée, fruit, dessert, milk and juice. People that prefer to eat later in the day are asked to refrigerate the food, and reheat the entrée as needed.

To ensure that food stays at the right temperature, the kitchen crew packs the food in two different bags: a red one with heat packs and individual trays of hot food and a blue one with ice packs and paper sacks of cold food.

Working in teams of two, volunteers pick up the food at Fountain View Village, load the bags into their private cars, make deliveries according to a routing schedule, and return the empty bags to the kitchen.



John Diedenhofen (center) accepts his hot meal and cold accompaniments from Home Delivered Meals' volunteers Grace and Frank Jakubs.

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Home Delivered Meals

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Home Delivered meals had been servicing Fountain Hills for 11 years. Delivery of the first meals took place on October 29, 1990, when a few residents were brought meals to their homes. Last year, more than 3900 meals were delivered to some 75 individuals.

The Volunteer Program Director, Donna Haustowich, says that some 60 to 70 people are involved actively each month in meal delivery. Trained substitutes are called when regularly scheduled people are unavailable.

People interested in receiving meals or becoming a volunteer should contact Donna at 816-0187. Those wanting to make tax-deductible contributions may call the Senior Activity Center at 816-5888 or send a donation to Home Delivered Meals, P.O. Box 18561, Fountain Hills, 85269★



Volunteers needed for "River of Time" Museum

The "River of Time" Historical Museum, currently being developed to showcase the rich history of this area, seeks volunteers and docents.

Scheduled to open in spring 2001, and occupy the south portion of the Town's new Library Building, the "River of Time" Museum will tell the story of all the people who lived in and around the modern Town of Fountain Hills through the centuries.

Docents and other volunteers are needed to help launch the Museum, comments Anne Wicklund, Chair of the Museum's docent program. Wicklund invites anyone with an interest in the lore and history of this area to participate. Call her at 837-0190 or e-mail her at anne@webwolf.net.

The story of the "River of Time" will start with the prehistoric development of the lower Verde Valley and continue through the coming of the Hohokam, the Yavapai, the gold seekers, the U.S. Calvary at Fort McDowell, the early ranchers and farmers, the dam builders, and finally the arrival of the first townspeople who established the little community that has grown into the Fountain Hills of today★

Home Delivered Meals

Frequently Asked Questions



What is Home Delivered Meals of Fountain Hills?

Home Delivered Meals is a social service program that provides hot meals and companionship to those in need for reason of illness, physical disability, mental disability or age-related infirmity. It is operated under the umbrella of Senior Services of Fountain Hills, a non-profit agency

What does the food cost? Each meal costs \$4. Payments are made either weekly or on an individual basis. Those unable to pay may have their meals subsidized either in full or in part through Senior Services of Fountain Hills.

When are meals delivered? Two volunteers bring the meals to clients' homes daily between 11:00AM and 1:00PM. The client specifies the days that meals are wanted.

Who qualifies for Home Delivered Meals? Any person with a medical problem, physical disability or age-related infirmity may qualify for meal delivery. Most clients are unable to shop or prepare their own food and have no one to help on a daily basis. Age is not a factor in receiving home delivered meals.

How may Fountain Hills' citizens help the Home Delivered Meals program? The most important way to help is to call Donna at 816-0187 to receive meals or to volunteer with delivery. Tax-deductible donations are always welcome and may be made through the Senior Activity Center at 816-5888. Alternatively, contributions may be mailed to Fountain Hills Home Delivered Meals, P.O. Box 18561, Fountain Hills, AZ 85269.

The Fountain Hills Marshals Department is dedicated to serving our community. During the holiday season, the Department would like to remind the citizens and families of Fountain Hills of various safety precautions to keep the community a special place to live, work, and raise a family. No-one should put themselves in danger. If suspicious activity is seen, call 837-8800. In case of emergency, call 911. See the five Safety Prevention Reminders on this page. These are presentations and services provided by the Marshals Department to service the citizens★

Hazard Mitigation Project
Parkview Ave. & Saguaro Blvd.



Flooding in the downtown area has always been a problem during intense storms. As land continues to be developed, more hard surfaces for runoff are created; therefore, the need for drainage infrastructure is required. Numerous catch basins are being installed at various points to create more down drains rather than have one central point as previously existed. These catch basins will funnel drainage through a series of culvert pipes that range from 24" to 60" in diameter. Surface water will flow under Saguaro Blvd. into what is known as Lakeside Drain in Fountain Park. It is likely, depending on the amount of rainfall, that some drainage problems could occur but the street should be much more accessible.

Another portion of this project includes work at Fountain Park and the east side of Saguaro Blvd. That outlet system has always been a problem where drainage flows into the Lakeside Drain. By installing wing walls and a splash pad, the intense flows should be diffused and less scouring will occur. The project also includes a system that is designed for further expansion, when needed. Piping may be extended to Panorama and Saguaro Blvd. for further development.

The total cost of the project is \$122,000, of which the Town has received a grant from FEMA in the amount of \$28,600 to assist with construction costs. This project was completed on November 30th★

Safety Prevention Reminders

Crime Prevention focuses on local, regional and state issues related to crime prevention at the local level. Ideas and concepts are taught about how to reduce crime and how they may be used in everyday life.

Stranger Danger teaches our children that a stranger is any person with whom mom or dad did not give permission to interact. Strangers are dangerous, even if they dress nice or look friendly. Never take rides, candy, gifts, or money from strangers.

Bicycle Safety classes instruct children on the importance of wearing a properly fitted bicycle helmet. The Bicycle Safety Institute, states that wearing a bike helmet can reduce the risk of head injury by 85 percent. Starting good habits early is paramount to starting a lifetime of enjoying safe bike riding.

"Kids Care ID's" contain vital identification information for law enforcement to find abducted children. Complimentary "Kid Care ID" packets are available at 16836 Palisades Blvd. Building B, or contact the Community Service Division at 480-837-8800. Updated pictures are recommended about every six months, as children are continuously changing.

Motor Vehicle Safety can prevent the leading cause of death in the United States. More than 70 percent of fatalities are due to the victim not wearing a seat belt or a seat belt is worn improperly. The Marshals Department is committed to educating the community on the proper use of child car seats. Don't wait to have your child's seat inspected as soon as possible.

Help keep your community safe by joining the efforts of the **Block Watch** and **Wash Watch**. Neighbors need to get to know each other and work together on a common goal...A safe and secure neighborhood.

Fountain Hills Branch



Maricopa County Library District

12901 N. La Montana Drive
Fountain Hills, AZ, 85268

(480) 837-9793

New Hours:

Monday-Thursday: 9:00a.m. – 9:00p.m.

Friday and Saturday: 9:00a.m. – 5:00p.m.

All Fountain Hills Branch Library Programs are held at the library. Watch for details to be posted at the library, or call Tracy or Sandra at 837-9793 ext 210 or 211 for further details in January.

Creative Hands in the Library:

Kids can Knit... and Adults can too!

Calling all kids and adults! Join Sandy Sawyer for our new Saturday morning introductory knitting program. Bring your knitting needles and a ball of yarn. Supplies also available for use in library. Children and adults welcome. New knitters should try to attend all four sessions.

Class: Introduction 1 - Saturday, December 1st

Class: Introduction 2 - Saturday, December 15th

Class: Introduction 3 - Saturday, January 5th

Class: Introduction 4 - Saturday, January 19th

Time: 11:00 a.m. - 1:00 p.m. (all sessions)

Fee: Free

Dance in the Library:

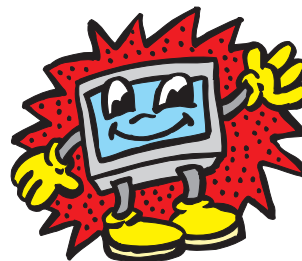
Holiday Creative Movement & Winter Theme.

Join us for some holiday creative movement. These special sessions will be presented by the Fountain Hills Dance Academy. Bring your preschoolers and children of all ages to enjoy some role playing and creative movement. Audience participation is encouraged, so bring your imagination out to the library. Children are invited to wear their favorite angel or winter costumes to the programs.

Class: Holiday Creative Movement
Saturday, December 15th at 10:00 a.m.

Class: Winter Theme: Who knows what Old Man
Winter will blow in
Saturday, January 5, 2002 at 10:00 a.m.

Fee: Free



Computers for Kids!

Pre-schoolers are invited to join us in for an introduction to computers in the new Peggy Puype Children's Library. Learn how to use a computer mouse and where to find games and stories and more!

Class: Monday, December 10th at 10:00 a.m.

Class: Monday, January 14, 2002 at 10:00 a.m.

Fee: Free

Mysteries of the Sea!

The Arizona Folklife Education Project presents Mysteries of the Sea. Take an imaginary voyage on the ocean and learn about the mysteries of the deep! Free program sponsored by Fountain Hills Parks and Recreation.

Date: Monday, December 3rd

Time: 10:00 a.m.

Click Clack Moo!

Cows That Type and other stories! Toddlers and pre-schoolers are invited to join us for wacky barnyard tales and adventures. Can cows type? Do pigs fly? Join us and our barnyard pals.

Class: Monday, December 17th at 10:00 a.m.



Lions and Tigers and Balloons!

Oh My! Join international storyteller Bryce Aspen Stillwater for a storytime and balloon art event. Each child will receive a balloon animal to take home! Free program sponsored by Fountain Hills Parks and Recreation.

Class: Monday, January 7, 2002 at 10:00 a.m.

Library Programs

Creative Hands in the Library

Special Projects with the age-old traditions of Crochet & Knitting. Join Karen Bessinger of Fiber Factory in Mesa for an introduction to a series on special projects for the crochet and knitting enthusiasts. One crochet session and one knit session will be offered each month. Knitting or crochet experience necessary to follow the projects. Bring needles, crochet hooks (size G or H) and worsted weight yarn. Supplies also available for use in library.

- Class: Crochet-Christmas Stockings
Tuesday, December 11th, 10:00 a.m. - 12:00 p.m.
- Class: Knitting-Christmas Stockings
Tuesday, December 18th, 10:00 a.m. - 12:00 p.m.
- Class: Crochet-Project to be announced
Tuesday, January 8, 2002, 10:00 a.m. - 12:00 p.m.
- Class: Knitting-Project to be announced
Tuesday, January 22, 2002, 10:00 a.m.-12:00 p.m.
- Fee: Free

Computer Instruction:

Join us at the Library for ongoing computer instruction. Please call to register as space will be limited. 837-9793

- Class: Web Searching-The best ways to find exactly what you are look for.
Wednesday, December 5th, 1:00 p.m. - 2:00 p.m.
- Class: Local Web Resources-Discover great web sites for the valley.
Wednesday, December 12th, 1:00 p.m. - 2:00 p.m.
- Class: Library Resources Online-Learn how you can use your Maricopa County Library Card online.
Wednesday, December 19th, 1:00 p.m. - 2:00 p.m.
- Class: Microsoft Word-Find out why this word processing program replaced the typewriter.
Wednesday, January 2, 2002, 1:00 p.m.-2:00 p.m.
- Class: Introduction to Internet Explorer-Learn how to use this popular program to surf the Web.
Wednesday, January 9, 2002, 1:00 p.m.-2:00 p.m.
- Class: Introduction to Email-Sign up for a free e-mail account and use a computer to keep in touch.
Wednesday, January 16, 2002, 1:00p.m.-2:00 p.m.
- Class: Computer Basics-Gain knowledge of how computers work and learn some common technical terms.
Wednesday, January 23, 2002, 1:00p.m.-2:00 p.m.
- Class: Microsoft Office-A whirlwind tour of what the programs in this package can do.
Wednesday, January 30, 2002, 1:00p.m.-2:00 p.m.

Local Authors: Writing Local and the Trials & Tribulations of the Publishing Process.

Join us for the ongoing series which will run through the winter months. Upcoming local authors who will be sharing their experiences include Robert Mason of Rio Verde, Jeanna Thomas, Elizabeth Lenci-Downs and Gregory N. Brown of Fountain Hills. The program runs from 7:30- 9:00 p.m. Please call to register for the program as space will be limited to 30. Bernadette Swanson can be reached at: (480) 837-6577.

Monday, December 3rd, 7:30 p.m. - 9:00 p.m.
Leon Chamberlain and Norm Elpers share their experiences in publishing their new books: *Factory Rat* and *Death at Six Fathoms*. Both authors used an online publishing company, Xlibris, a new service accessible over the Internet.

Monday, December 10th, 7:30 p.m. - 9:00 p.m.
Gordon Schrempp has many years of writing experience, and has spent the last ten years working on his book. Join Gordon as he discusses his experiences in writing non-fiction.

Monday, January 14, 2002, 7:30 p.m. - 9:00 p.m.
Elaine Waterstrat shares her experiences publishing her books: *Hoomothya's Long journey, 1865-1897 : the true story of a Yavapai Indian and Commanders and chiefs : a brief history of Fort McDowell, Arizona (1865-1890)*.

Monday, January 28, 2002, 7:30 p.m. - 9:00 p.m.
Mali Berger will talk about their writing will talk about the publishing of her book *Risk, Risk Everything* and her latest book *Twisted Hair*. Mali has also used Exlibris to publish her books.

Classical Music in the Library

Phoenix Baroque Ensemble.
Join us in the reading area of the library for an evening with the seven members of the Phoenix Baroque Ensemble. Refreshments available from Library vending machine. Tuesday, January 15, 2002, 6:45 p.m. - 8:45 p.m.



Holiday Hoopla!

Kids ages 2 – 6 are invited to be a part of this arts and craft program taking place at the Golden Eagle Park. There will be at least 10 activities to enjoy related to the December holidays, plus refreshments and parachute games. Parents are encouraged to participate along with their child!

Where: Saguaro Ramada GEP
Date: Wednesday, December 19th
Times: 9:00 a.m. – 11:00 a.m.
Course: #1281
Ages: 2 – 6 years old
Fees: \$7 / participant
Contact: Corey Hromek, 816-5170



Kiddie Rhythmic

Come to explore movement and dance with this program for pre-school aged kids. Participants will learn some simple dance moves, play games and discover new songs. The kids will also get to enjoy a snack with their new friends at the end of the hour.

Where: Community Center Room #2
Date: Thursdays, November 29th through December 20th
Times: (Age 2&3) 3:00 p.m.– 4:00 p.m.
(Age 4-6) 4:00p.m. - 5:00 p.m.
Course: (Age 2&3) #1300
(Age 4-6) #1301
Fees: \$24/participant
Contact: Corey Hromek, 816-5170

Skate Park Trip

All skaters ages 11 and up are welcome to show their stuff during the next trip to a local skate park. Skaters must wear appropriate clothing and bring protective gear. Bottled water will be provided on the day of the trip to anyone who registers. So bring your board and be ready for some highflying stunts!

Where: Chandler Skate Park
Date: Thursday, December 27th
Times: 3:00 p.m. – 8:00 p.m.
Course: #1282
Ages: 11 & up
Fees: \$5 / participant
Contact: Corey Hromek, 816-5170

Tiny Tot Toddler Fun

Kids ages 2 – 6 are invited to be a part of this arts and crafts activity to be offered at Golden Eagle Park. Participants will enjoy making several projects to be followed by a story and snacks. Parents are encouraged to participate with their children.

Where: Palo Verde Room at GEP
Date: Saturday, January 12, 2002
Times: 10:00 a.m. – 11:30 a.m.
Course: #1299
Ages: 2 – 6 years old
Fees: \$7 / participant
Contact: Corey Hromek, 816-5170

Wrestling

Girls and boys will learn the exciting sport of wrestling and have fun with friends. Dan Kauffman, an accomplished wrestler and coach, will once again teach the kids proper techniques and skills. This class is 12 weeks long.

Where: FH Charter School Gym
Date: January 24 - April 11, 2002
Time: Thurs. 6:00 - 7:00 p.m.
Course: #1305
Ages: 7-18
Fee: \$20 per participant
Contact: Milo Bonnin, 816-5132



Mayor's Youth Council

There is still plenty of time to join the Mayor's Youth Council. The MYC is open to all High School students in Fountain Hills. Throughout the year, members will help to plan the new Youth & Teen Facility, a new Skate Park, participate in and coordinate many community service projects or events, and meet other students from neighboring cities who are also trying to make a difference in their communities. Don't miss the opportunity to be an active member of your community. Join today!

Where: FH High School Lecture Hall
Date: Twice a month, Aug. – May
Times: Weds. 2:30 p.m. – 4:00 p.m.
Course: #1276
Ages: Grades 9 – 12
Fees: No charge
Contact: Corey Hromek, 816-5170



Late Night

Join the crowd at the newest program in Town for teens. Held the third Saturday of every month, Late Night offers hours of entertainment that every teen is sure to enjoy. Featuring such activities as a climbing wall, sumo wrestling, sports tournaments, music and contests, Late Night is sure to be a hit! This program is sponsored by the Parks and Recreation Department, the Maricopa County Sheriff's Office, the Fountain Hills Branch of the Boys and Girls Club, and the Midnight Madness Foundation.

Where: FH High School
Date: December 15th and
January 19, 2002
Times: 7:00 p.m. – 12:00 a.m.
Fees: Free
Contact: Corey Hromek 816-5170

Adult Tennis Lessons

No matter at what level you play, Tom Lepisto can teach you to be a better player. Come out and enjoy the beautiful weather.

Where: Golden Eagle Park
Date: Tuesdays or Thursdays
Session IV: Jan. 8th-Jan. 31st
Session V: Feb. 5th-Feb. 28th

Class: Beg: Tues. 6:30-7:30 p.m.
Course: Session IV (#1321)
Session V (#1324)

Class: Intrm: Thurs. 6:30-7:30 p.m.
Course: Session IV (#1322)
Session V (#1325)

Class: Adv: Thurs. 7:30-8:30 p.m.
Course: Session IV (#1323)
Session V (#1326)

Fee: \$30 per participant

Contact: Milo Bonnin, 816-5132
Tom Lepisto, 816-6699

Youth Basketball



This is your last chance to sign up for Parks and Recreation Youth Basketball. The program is open to boys and girls in grades 1 through 9. Games will be played on Saturdays at the Middle School/High School beginning on February 9th and continue through April 13th. The deadline to pre-register is December 14th (pre-registration is required). Anyone registered after the deadline will be placed on a waiting list. Registration began on November 1st and ends on December 14th.

After Hours Registration:
Wed., December 5th 5:00 - 7:00 p.m.
Sat., December 8th 9:00 a.m. - Noon
Tues., December 11th 5:00 - 7:00 p.m.

Division:

Course #1262 - Coed 1st and 2nd
Course #1263 - Boys 3rd and 4th
Course #1264 - Boys 5th and 6th
Course #1265 - Boys 7th, 8th and 9th
Course #1266 - Girls 3rd and 4th
Course #1267 - Girls 5th and 6th
Course #1268 - Girls 7th, 8th, and 9th

Junior Tennis Lessons

All the kids love to play tennis, so bring them out for top-notch instruction. Tom Lepisto will give them the skills they need to compete and enjoy the game.

Where: Golden Eagle Park
Date: Tuesdays and Thursdays
Session IV: Jan. 8th-Jan. 31st
Session V: Feb. 5th-Feb. 28th

Class: Stars: 4:30-5:30 p.m.
Ages 7-9

Course: Session IV (#1330)
Session V (#1333)

Class: Champions: 5:30-6:30 p.m.
Ages 10-12

Course: Session IV (#11331)
Session V (#1334)

Class: Middle/High: 3:30-4:30 p.m.
Ages 13-17

Course: Session IV (#1332)
Session V (#1335)

Fee: \$50 per participant

Contact: Milo Bonnin, 816-5132
Tom Lepisto, 816-6699

Pee Wee Tennis Lessons

If they can hold a racket, they can play. Bring the little ones out for lessons from Tom Lepisto, and see if they like the sport.

Where: Golden Eagle Park
Date: Tuesdays
Session IV: Jan. 8th-Jan. 31st
Session V: Feb. 5th-Feb. 28th

Class: Ages 3-4: 5:30-6:00 p.m.
Course: Session IV (#1339)
Session V (#1341)

Class: Ages 5-6: 6:00-6:30 p.m.
Course: Session IV (#1340)
Session V (#1342)

Fee: \$20 per participant
Contact: Milo Bonnin, 816-5132
Tom Lepisto, 816-6699

Family, Adult & Teen Karate

Do you and your kids want to learn karate together? Well, now you can, with karate taught with a different approach for different needs. Along with learning martial arts techniques, you will also learn the positive benefits of self-discipline and confidence develop coordination and increase flexibility. Participants also learn life skills such as goal setting and respect. We have classes for teens, adults and now a family class.

Where: Power Station

Date: Week of January 14, 2002
through February 21st

Class: Family-Thurs., 6:15-7:00 p.m.
Course # 1315

Class: Teen-Tues. 4:00 p.m.
and Thurs 5:15 p.m.
Course # 1316

Class: Adult-Mons 8:00 p.m.
and Thurs 7:15 p.m.
Course # 1317

Family Fee: \$32 for parent
and one child
\$16 per add'l child

Contact: Milo Bonnin, 816-5132
Rick Iacomacci, 837-6650



Karate Kids

This program is geared to teach martial arts techniques. Participants will also learn the positive benefits of self-discipline and confidence, develop coordination and increase flexibility. This is the perfect class to try karate and find out if your kids like it.

Where: Power Station

Date: Week of January 14, 2002
through February 21st

Class: 4-7 year olds
Weds & Fris, 4:45 to 5:15pm
Course: #1311

Class: 8-12 year olds
Mons&Weds, 7:00to 7:45pm
Course: #1312

Fee: \$32 per participant

Instructor: Rick Iacommaci

Contact: Milo Bonnin, 816-5132

Rick Iacomacci, 837-6650

Arizona Excursions

Hike Series!

Here it is, the spring hiking series is set! We are starting another great season so don't miss the beautiful scenery and new friends made along the way. Parks and Recreation will be venturing out to visit beautiful locations around the state all spring. Please bring: 2 quarts of water, pack a lunch, and comfortable hiking boots! Pre-registration is required as space is limited.



January 5, 2002 - Picacho Peak
7 miles - Moderate (Course #1284)

February 2, 2002 - Boulder Canyon
7 miles - Moderate (Course #1285)

March 2, 2002 - Coynton Canyon
6 miles - Easy (Course #1286)

Time: 7:00 a.m. Depart Town
Hall (North parking lot)

Fee: \$15.00 per participant

Contact: Brent Bitterman, 816-5142

Kartchner Caverns

Kartchner Caverns turnaround trip is back by popular demand! Join us to experience this 200,000 year old natural wonder. The caverns will amaze and astound you as you will spend over an hour actually inside this precious living cave. After this adventure you'll be telling everyone you know to visit. Spaces are limited, pre-registration is required.

Where: Kartchner Caverns
State Park in Benson, AZ

Date: January 23, 2002

Time: 8:30 a.m. - 7:00 p.m.

Course: #1290

Fee: \$25 per participant

Contact: Brent Bitterman, 816-5142



Phoenix Suns vs. Sacramento Kings

Come join us watch and cheer on your Phoenix Suns as they take on the exciting Sacramento Kings. Travel with us in style and don't worry about tickets or parking. Space is limited so sign up today.

Where: America West Arena

Date: January 5, 2002

Time: 5:00 p.m.

Kiwanis Activity Center

Course: #1288

Fee: \$25 per participant

Contact: Brent Bitterman, 816-5142

Phoenix Coyotes vs. San Jose Sharks

Attention hockey lovers. We have excellent seats for you and you will not have to worry about anything. Come watch Wayne Gretzky's Coyotes take on the San Jose Sharks.

Where: America West Arena

Date: January 9, 2002

Time: 5:00 p.m.

Kiwanis Activity Center

Course: #1289

Fee: \$35 per participant

Contact: Brent Bitterman, 816-5142

Coin Collecting Seminar

Learn the origins of ancient monetary systems and how Benjamin Franklin and Thomas Jefferson developed our monetary system. Sources, storage, handling, grading and determining values will be discussed. Enjoy a display of ancient through modern coins. Please call to register.

Where: Community Center

Date: January 8, 2002

Time: Tues., 7:00 p.m.-9:00 p.m.

Course: #1360

Fee: Free

Contact: Brent Bitterman, 816-5142

Senior Recreational Softball

Senior softball returns with games at beautiful Golden Eagle Park. All players are encouraged to contact Ed Malumphy to be placed on a team. This is an excellent way to get some exercise and meet new friends. Teams play double-headers each week.

Where: Golden Eagle Park

Date: Beginning January 9, 2002

Time: Wednesday mornings
Over 65's

Course: #1303

Time: Thursday mornings
Over 50's

Course: #1304

Fee: \$100 per team

Contact: Milo Bonnin, 816-5132

Ed Malumphy, 816-1539



Men's Spring Softball

The league is for players of all ages and abilities. We are currently looking for new teams and sponsors. The season consists of at least 14 regular season games and a single-elimination tournament. Any players interested please contact Milo to be placed on a team.

Where: Golden Eagle Park

Date: Beginning January 29, 2002

Time: Tuesday evenings

Course: #1302

Fee: \$370 per team

Contact: Milo Bonnin, 816-5132

T'ai Chi Chih

This is a powerful healing art involving slow and easy movements. Benefits include: reduced stress, increased energy, balance, and much more! This quiet meditation is suitable for all ages as well as those with special health problems. Pre-registration is required. Dress comfortably.

Where: Community Center

Date: January 9th-February 27, 2002

Class: Beginners

Weds. 9:00 a.m. - 10:00 a.m.

Course: #1347

Class: Intermediate

Weds. 10:15 a.m. - 11:15 a.m.

Course: #1349

Class: Beginners-evenings classes

Weds. 5:30 p.m. - 6:30 p.m.

Course: #1348

Fee: \$32.00

Instructor: Fredora Nightingale Powell

Contact: Brent Bitterman, 816-5142

Boogie, Rumba & Swing

Move like Fred Astaire or Ginger Rogers, or just plain join in the fun. Courses in the Waltz, Social Foxtrot, Rumba/Cha Cha, and the Jive, are designed to teach each dance in detail. Previous experience in beginner or intermediate levels are helpful but not required.

Where: Fountain Bowl
Starlight Room

Date: Jan. 12th-March 2, 2002

Class: Ballroom Beginners

Tues. 7:00 p.m. - 8:00 p.m.

Course: #1291

Class: Ballroom Intermediate

Tues. 8:00 p.m. - 9:00 p.m.

Course: #1292

Class: Country Line & Two-Step

Thurs. 7:00 p.m. - 8:00 p.m.

Course: #1293

Class: East Coast Swing

Thurs. 8:00 p.m. - 9:00 p.m.

Course: #1294

Fee: \$40.00 per participant

\$65.00 per couple

Instructor: Al & Noreen Kurdzialek

Contact: Brent Bitterman, 816-5142

YOGA

Enjoy this very relaxing exercise class and become both physically and mentally fit. Experience the mood music and deep meditation. Everything is provided at the yoga studio, but feel free to bring your own water and mat if you choose to. Please wear comfortable, stretch clothing, and for best results, do not eat for two hours before class. Pre-registration is required.

Where: Inner Peace Yoga
and Health Center

Date: January 8th - January 30, 2002

Class: Beginners

Tues. 5:45 a.m. - 6:45 a.m.

Course #1356

Class: Intermediate

Weds. 6:30 a.m. - 7:15 a.m.

Course #1357

Instructor: Inner Peace Center
Instructor

Contact: Brent Bitterman, 816-5142



Gymnastics

Kari Smith teaches kids the basics of gymnastics including such things as cartwheels, walkovers, hand springs, and routines on the balance beam, vault and uneven bars and much more! Class sizes are limited and pre-registration is required.

Where: Four Peaks Elem. School

Dates: January 22nd-March 14, 2002

No class on February 19th

Time: Beg. Tue/Thur 3:15-4:15 p.m.

Int. Tue/Thur 4:15 - 5:15 p.m.

Course: #1307 (Beginning)

#1308 (Intermediate)

Ages: K - 7th

Fee: \$65 per participant

Contact: Milo Bonnin, 816-5132



Youth Dance Classes

Does your son or daughter like to dance? Hurry and get him or her signed up for one or more of our popular dance classes! We have three different classes to choose from; Lyrical/Ballet, Jazz, and our very popular Hip Hop class. Learn the basic techniques and perform for family and friends after the six-week session.

Where: High School Dance Room

Dates: Sats., Jan. 19th - Feb. 23rd

Class: Hip Hop (1st-4th grade)

10:00 a.m. - 11:00 a.m.

Course #1295

Class: Ballet/Lyrical (3rd grade & up)

11:00 a.m. - 12:00 p.m.

Course #1296

Class: Jazz (3rd grade and up)

12:00 p.m. - 1:00 p.m.

Course #1297

Class: Hip Hop (5th grade and up)

1:00 p.m. - 2:00 p.m.

Course #1298

Fee: \$24 per class

Instructor: Lindsey Greer

Contact: Brent Bitterman, 816-5142



Scrapbooking Workshops



Kirsten Bonnin is back by popular demand! In these scrapbooking classes, Kirsten will be teaching participants the art of creative lettering and creating scrapbook pages in one evening.

Decorated To Go

Complete all the pages for an entire album in one class. You will leave this workshop with at least 15 pre-made pages (30 sides) ready for you to put your pictures in. Using stickers, paper, pens, and die cuts, you will create a wide variety of borders for themes throughout the year. Materials will be provided. Bring your own album and leave your pictures at home for this class.

Where: Community Center
Class: Friday, January 18, 2002
6:00 p.m. - 11:00 p.m.
Course # 1351

Class: Saturday, February 2, 2002
8:00 a.m. - 2:00 p.m.
Course # 1352
Fee: \$30.00 per class
Instructor: Kirsten Bonnin
Contact: Brent Bitterman, 816-5142

Creative Lettering Class

Practice makes perfect. This beginning lettering class offers tons of examples to help you find a comfortable lettering style. You will receive handouts, lettering sheets, and a free pen and eraser.

Where: Community Center
Date: January 9th- January 30, 2002
Time: Weds., 6:00 p.m. - 8:00 p.m.
Course: #1353
Fee: \$30.00 per participant
Instructor: Kirsten Bonnin
Contact: Brent Bitterman, 816-5142

Travel Photography

You will learn photographic techniques used by National Geographic and Time-Life Photographers in this four week class. Your instructor has been a photographic consultant for groups traveling outside the United States to Germany, Great Britain, China, Russia, Europe, and Africa.

Where: Community Center
Date: January 8 - 29, 2002
Time: Tues. 9:00 a.m. - 10:30 a.m.
Course: #1359
Fee: \$40.00 per participant
Contact: Brent Bitterman, 816-5142



Who Let the Dogs Out!

The ever-popular Dog Obedience is back. Join Matt Bourassa as he teaches you basic dog handling techniques in this eight week course. The first class is for owners only; please do not bring your dogs.

Where: Desert Vista
Neighborhood Park
Date: Sats., Jan. 12th-March 2nd
Time: 9:00 a.m. - 10:00 a.m.
Course: #1287
Fee: \$45.00 per participant
Instructor: Matt Bourassa
Contact: Brent Bitterman, 816-5142

Watercolor

Beginning and continuing students will enjoy this free flowing transparent water based medium. Beginning techniques include color transparencies, wet-on-wet, glazing, value development, texture and experimental media exploration. Students will begin with black and white value studies and continue toward the full range of color with still life and photographic reference work.

Where: Community Center
Date: Mons., Jan. 7th-Feb. 11th
Time: 10:00 a.m. - 12:00 p.m.
Course: #1350
Fee: \$32.00 per participant
Instructor: Justine Mantor, MFA
Contact: Brent Bitterman, 816-5142

Computer Technology Classes

These classes will teach you about periphery computer equipment. In this series, students will learn about purchasing digital cameras or using digital cameras and scanners in connection with computers.

Digital Camera Consumer Workshop

Lost in the digital revolution? Don't let technology get you down; let us help educate you. You will learn what you need and do not need in a digital camera, as well as "play" with a few different brands. It is the buying season and digital cameras make a great holiday gift.

Where: Community Center
Date: December 8th
Time: 8:00 a.m. - 9:30 a.m.
Course: #1354
Fee: Free
Contact: Brent Bitterman, 816-5142

Digital Photography & Cameras

This class is designed for those who have a digital camera or are anticipating buying one in the near future. Topics covered will include information on digital cameras, scanners, available software, and printers. This class can also be helpful to genealogists wishing to preserve their family photos. Class size is limited.

Where: Community Center
Date: January 8th- January 29, 2002
Time: Tues., 7:00 p.m. - 8:30 p.m.
Course: #1358
Fee: \$40.00 per participant
Instructor: Derald Hoffman
Contact: Brent Bitterman, 816-5142



Adult and Child CPR Intermediate Spanish Certification

The American Red Cross will instruct this very useful course that will teach participants and certify them in adult and child CPR.

Where: Community Center

Date: December 1, 2001

Time: 8:00 a.m. – 2:00 p.m.

With 1/2 hour break

Course: #1280

Ages: Youth and adults

Fee: \$36.00 per participant

Contact: Brent Bitterman, 816-5142

This 6-week Spanish course is for people who have some knowledge of basic Spanish vocabulary (i.e. numbers, colors, descriptive adjectives, likes, dislikes). The course will focus on communicating with others in Spanish using games, oral activities, and role-plays. An advanced knowledge of Spanish is not necessary. This course is ideal for those who have taken the Beginning course.

Where: Community Center

Date: Jan. 15 – Feb. 19, 2002

Time: Tuesdays, 6:00 pm– 8:00pm

Course: #1346

Fee: \$40 per participant

Instructor: Anne Bender

Contact: Brent Bitterman, 816-5142

Beginning Spanish

This informal course is geared toward those with little or no background in Spanish. The emphasis is on vocabulary and phrases immediately useful to communicate in Spanish.

Where: Community Center

Date: Jan. 15 – Feb. 19, 2002

Time: Weds., 6:00pm – 8:00pm

Course: #1345

Fee: \$40 per participant

Instructor: Jean Greenwood

Contact: Brent Bitterman, 816-5142

Friday Bridge

Come play the exciting game of bridge every Friday at the Community Center. Players do not need a partner to participate.

Date: Fridays weekly from 10:00 a.m. – 1:00 p.m.

Fee: \$1 per participant

Contact: Evelyn Breting, 816-5200



Fountain Hills Parks and Recreation Program Registration & Release of Liability

Please PRINT



1 Main Contact _____

Address _____ City, State, Zip _____

Home Phone _____ Alt. Phone _____ Emerg. Phone _____

2

Participant's Name	Birth Date	Sex	Grade	T-shirt Size	Program Title	Course Number	Fee
Please make checks payable to: The Town of Fountain Hills						TOTAL	

3

Signature of Participant (or parent/guardian if under 18) _____ Date _____

By signing above I understand that no medical insurance is provided for Town of Fountain Hills activities and agree to assume the risk for any injury related to my participation or the participation of my dependents. I agree to make no claims against the Town of Fountain Hills or any of its officers, employees, or volunteers for any injury or incident arising from this activity, however caused, including liability for negligence. I am physically able (or my dependent is physically able) to participate in this activity. I consent to any medical treatment my dependent needs while involved in this activity and I agree to pay for it. I realize that the Town of Fountain Hills is not responsible for lost or stolen articles.

Mail to: Parks and Recreation Department, ATTN: Program Registration

P.O. Box 17958, Fountain Hills, AZ 85269

OR Deliver to: Town Hall, 16836 E. Palisades Blvd., Building A

For Office Use Only

Date Received _____

Check # _____

Cash _____ Staff _____

IF YOU REQUIRE SPECIAL ACCOMMODATIONS, PLEASE CALL 480-816-5152 (VOICE) OR 1-800-367-8939 (TTD)

The Senior Activity Center of Fountain Hills is open Mondays, 12:00 p.m. to 4:00 p.m. and Tuesdays through Fridays, 9:00 a.m. to 4:00 p.m.

**The Senior Activity Center is located in the Kiwanis Building on Kiwanis Drive.
Our Winter Open House is Friday, January 28, 2002 from 1:00 p.m. to 3:00 p.m.**

Come see the new schedule and meet other participants.

Aerobics Low Impact
Classes are offered on Tues. & Thurs. 9:10-10:10 a.m. Cost is \$2.00 per session for age 55 and up. Brenda Shaffer, Certified Fitness Instructor.

Aerobics Low Impact Peer-led Exercise
Mons., Weds., & Frids. 7:30-8:30a.m. Participants use videotapes.



Stretch and Tone
This new class is offered on Mondays & Wednesdays from 4:00 - 5:00 p.m. The fee for all exercise classes is \$2 per session based on a \$20 punch card.

Line Dancing Class
Beginning and Intermediate class is Thursdays, 10:30 a.m.-11:30 a.m. Advanced class is Mondays, 7:00 - 8:00 p.m. Class members also make outings to public dance places.

Bridge-Contract
Weds. 9:00a.m.-12:30 p.m.

Cards and Poker
Fridays 9:00 a.m. to noon. Chess, Checkers, and puzzles also available.

Bingo
New to the Activity Center, this fun group meets on Mondays, 1:00-3:00 p.m. Ten games with monetary prizes.

Art Activities
Papermaking
Tuesday, January 8th, 10:00 a.m.-3:00p.m.

Group trip to Scottsdale Art Walk
Thursday, January 10th, 6:00 - 8:00 p.m.

Play Reading
Fun with dramatic literature and no memorizing, this class meets on Tuesdays from 1:30-3:30 p.m.

Wood Carvers Carve Along
Fridays 1:00-3:00 p.m.

Sixty and Single
This group meets the second and fourth Wed. each month 1:30-3:30 p.m. Outings and eatings at other times.

Wanted!
A few good men to be the genesis for a single men's discussion and/or other activity group.

Table Talk for Women
Thursdays 1:00-3:00 p.m.

Day Trips
Several day trips are currently being planned. Please call the Senior Center for more information.

Fishing Club
Selected Thursdays Trips in Senior Services van to local lakes. Call for schedule and reservations.

Caregiver Support Group
This group meets the second Wednesday of each month 10:00-11:30 a.m. Fellowship activities for the recipients of care are being planned. Call to become involved.

Free Financial Seminars
Please call for seating for each seminar.

Tax-Free IRA Withdrawals
Tuesday, December 4th from 10:30 a.m. - noon.

Next Decade's Tax Changes
Tuesday, January 15th from 10:30 a.m. - noon.



Scottsdale Community College Courses

Genealogy II
January 31st for six weeks. Thursdays 1:00-3:00 p.m. This class meets at the Senior Center

Holiday Lights Tour
Join us at 7:00 p.m. on Sunday, December 16th at the Senior Center for a tour of the most decorated houses in Fountain Hills. Cookies and beverages will be available when we return from the tour.

How to Contact Us

Town Hall: 837-2003
Parks & Recreation: 816-5152
Marshals Department: 837-8800
Sheriff's Department: 837-2047
Public Library: 837-9793
Community Center: 816-5200
Senior Center: 816-5888
Fountain Hills Sanitary District: 837-9444
Fountain Hills School District: . 837-0693



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